

Table 2. Mean, Standard Deviation, and Range for the Competitor Type on all Subscales of the SSI-K

	<i>Mean</i>	<i>Standard Deviation</i>	<i>Minimum</i>	<i>Maximum</i>
Self-regulation competency	24.6	1.14	23	26
Volitional inhibition – self-control	20.6	1.14	19	22
Self-discipline	33.8	3.35	28	36
Life demands	18.8	3.11	15	22
Threats	15.4	2.88	12	19